



Juice Cleanse with Get Fresh

Cleansing is a new experience for most people. Please feel free to reach out if you have any questions before, during, or even after you have completed your cleanse.

Congratulations on choosing a fast track to wellness with raw cold-pressed juices. If you are new to drinking juice for wellness, you may want to consider incorporating juice into your life by adding a glass a day to your clean eating plan or using juice as a meal replacement until you are ready for a juice cleanse. You will feel the benefits of juice right away without changing your diet a bit.

If you are ready for a **deeper experience**, a full juice cleanse may be what you are looking for. We consider a juice cleanse consuming no solid food and using raw juice to power the body. At Get Fresh, we only sell raw cold-pressed juice. Raw means that we don't pasteurize our juice (neither high temp nor HPP), and we use the cold-pressing method of extraction. This method is the gold standard of juicing. We use local and organic produce whenever possible. We choose to only package in glass bottles. This is better for your health and better for the health of our earth. Yes, it means returning your bottles, but it also means your deposits go towards your next juice or treating yourself to a smoothie.

If you have any questions or concerns before, during, or after your cleanse, please reach out to us. Although we are not medical professionals, we have **over 20 years of experience** making juice for wellness. We are happy to share our thoughts and experiences.

BEFORE you cleanse

1

Choose the **RIGHT TIME** to start your journey to wellness

This is critical. Pick a less busy time in your life (if this is possible) and schedule as much self-care time as you can manage- you are worth it! Cleansing can be an emotional experience, as well as a time for physical detoxification. Don't be surprised if unexpected emotions surface. You may want to give the people closest to you a heads up that you are cleansing or ask them to cleanse with you.

2

Maximize benefits by doing a pre-cleansing cleanup

Consider reducing or eliminating heavier and stimulating foods like sugar, caffeine, dairy, processed foods, meat, and alcohol before cleansing. Choose more fruits and vegetables and eat them in their raw form as much as possible. Doing this can lead to less unpleasant cleansing effects. These symptoms can include headaches, fatigue, upset stomach, gas, foggy brain, hunger pangs, breakouts, and yes, more frequent bathroom visits. Generally, the "cleaner" your diet going into your cleanse, the less unpleasant the first 2 to 4 days will be.

3

Stay **HYDRATED!**

filtered water with lemon first thing in the morning. We like natural source waters that are full of minerals

4

Set your intentions for your cleanse

Why are you cleansing? What will make your successful for you? Consider writing some thoughts down to keep you focused during your cleanse. Choose a cleansing buddy locally or online.

DURING your cleanse

1 Get plenty of rest

Your body is working hard to purge built-up toxins like heavy metals so your body can function best and rebuild damaged cells

2 Continue to exercise regularly but listen to your body

Continue to exercise regularly but listen to your body. If you don't exercise regularly, you may want to fill your new-found time (from not cooking and cleaning up after meals) with some light stretching, or you may enjoy going for a walk.

3 Drink ALL you juice

Hydrate with plenty of pure natural source water, coconut water, herbal teas, and vegetable broth.

4 If you just have to eat something, choose raw fruits and raw vegetables

Make sure to consume it slowly and chew a lot (25 times or more), you will be more satiated if you are mindful of what you are putting into your body. Try chewing your juice- yeah- it's a thing! Chewing activates your salivary glands and produces enzymes that help get the most nutrition out of your juice

5 You are not alone

If you have cleansing buddy – reach out to them. Reach out to us, or seek out support from other online

Meet your Cleanse

Your cleanse consists of 6 – 17oz. bottles per day. Many people like to consumer them in the order suggested below, but truly the choice is yours; we encourage you to listen to your body.

- 1) **CHARCOAL LEMONADE** – Reverse osmosis water, lemon, agave, coconut charcoal
- 2) **CELERY** – Just our organic celery juice – try adding some pink salt! – yummy!
- 3) **Clean Green** – Zucchini, green apple, red apple, celery, spinach, and kale
- 4) **Morning Dew** – Green apple, kale, pineapple, lemon, lime, and ginger
- 5) **Elite Beet** – green apple, beet, lime
- 6) **Blue Maji Milk** – House-pressed organic sprouted almond milk, e3 live, organic Medjool dates, Himalayan pink salt

We source our produce from **local and/or organic farmers** when we can. If you have any questions about what is or is not organic and local this week, please ask.

Standard cleanses start at **\$72/day**- 3,5,7,14,21,28 days are popular durations.

****Press days are currently Thursdays to get the freshest juice choose Fridays as your pickup or delivery days. We only deliver on Fridays but, juice may be picked up on any day**** Orders need to be in by noon on Wednesday for Friday delivery.

You will need to pick up your juice at least twice per week for more than a 5-day cleanse. Delivery is available.

Our cleanse customers report needing all 6 juices each day in the beginning but, after 4 or 5 days, some people who are cleansing may need less juice. Again, listen to your body. Please contact us if this is the case for you so that we may customize your order.

Please reach out to us at any time; we are happy to help. Remember, we can also provide you with custom juices for your cleanse that may meet your specific cleansing goals. Additionally, we offer therapy juices that are formulated to support your body during times of illness or disease. We are grateful you choose Get Fresh for your juice needs.